



Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race

James Beckerman

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Heart disease is the #1 killer of men and women everywhere. All of us are at risk, which means that all of us have the opportunity to make a difference for ourselves and our families. This is your first step.

Live Longer. Get on your feet and add years to your life. Find your starting line with fun fitness self-assessments and get on track with an exercise prescription that is actually tailored to you.

Beat Heart Disease. Dr. James Beckerman, a Harvard and Stanford trained cardiologist, explains the latest scientific research and combines motivation with modern medicine to help you live your healthiest life, whether you have heart disease or are one of the millions of people at risk.

Run Your Best Race. Eight weeks will get you into shape, and the 5K training plan will get you across the finish line. Join our #hearttostart team, sign up for an event, and achieve a new goal!

Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race Details

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From Reader Review Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race for online ebook

Debbie says

My husband started his cardio rehab at St Vincent's in Portland, Oregon in March 2017 when the new heart center opened.

Dr Beckerman runs the heart program at this hospital.

Anybody who is interested in heart health should read this book.

Do not wait until you have a heart attack.

Read this book now.

Understand how exercise, diet and heart health work to keep you healthy.

This book makes it easy to understand and put into practice.

If you do not read it for yourself, read it for your family members and friends.

Deirdre Keating says

Dr. Yoni Freedman recommended this book, and since I'm obviously not motivated by the prospect of weight-loss, I thought the emphasis on fitness in this book would be a good fit. I just finished reading it this weekend, and am starting his 8 week plan today.

The star thing is hard---is it a great read? No. Did I like it? Yes. It's not intended to be a great read, but to give straight forward information.

Ren says

The difference between exercise-for-weight-loss and exercise-for-overall-health is a really important one, and this book lays it out extremely well.

Jill Miller says

I won this book in a Goodreads First Reads giveaway. Since heart disease is on both sides of my family, I decided I should read it! While there is a lot of useful information in the book I did find that it is mainly geared to athletic types which, unfortunately, I am not. But I did glean some tips and pertinent info, so the book was definitely worth my time.
